

How the Student Success Centre Supports Students

It is the mission of WIC's Student Success Centre to foster physical, emotional, and academic wellbeing through learning support, counselling, and personalized educational planning. The academic and personal supports offered at WIC continue the College's tradition of learning beyond traditional curricular lines, establishing the support networks and skills necessary for students to reach their full potential.

Through a variety of universal and specialized supports, students can feel more confident with their learning at WIC. Supports include:

Universal Supports:

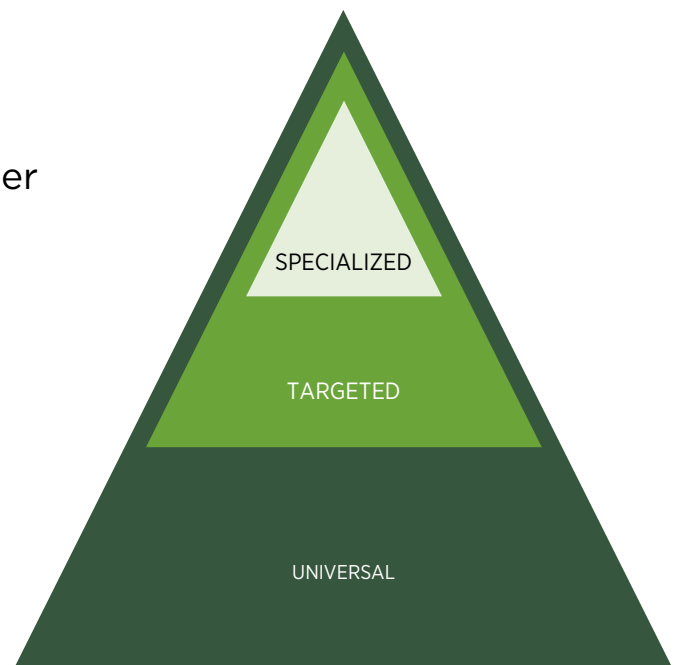
- Test centre
- Extra help with classroom teacher
- SSC drop-in
- Peer tutoring
- Student referral

Targeted Instruction:

- Learning strategies sessions
- Academic Counselling
- Socio-emotional counselling

Intensive Intervention:

- Recommendations from psychologists
- Regular counselling sessions
- Referrals to outside professionals



SSC COLLABORATIVE SUPPORT PROGRAM

SOCIAL-EMOTIONAL TIERED APPROACH

WIC acknowledges that wellness is about more than mental health and includes integral facets such as our environment, relationships, physical, and intellectual health. Achieving balanced wellness is unique for everyone, therefore, WIC strives to offer a multitude of opportunities for students to discover what wellness means for them. With the proper tools and strategies, they can achieve an educational experience that is supported by this holistic and personalized approach.

Examples of Universal Supports

- WIC programming designed by the SSC educates students on the many facets of wellness such as social-emotional learning, stress management and good citizenship.
- School-wide survey that collects data on student wellness and informs programming.
- Mindful moments are shared in weekly announcements and on WIC TVs.
- Wellness concepts and tangible tools are introduced in homeroom and expanded on throughout the WIC community.
- Mental Health Spotlights feature students and their wellness journey.
- Focus Fridays that dive deep into wellness concepts from nutrition to learning about burgeoning mental health research.
- Meditation/prayer drop-in room.
- Mental health awareness days.
- School counsellor available for consultation.
- Student Mental Health Club.
- Opportunities for students to design their own wellness initiatives.
- Resources promoted and advertised.

Examples of Targeted Supports

- Small group courses designed for psychoeducation and peer support around certain topics such as: Anxiety, stress, healthy relationships, self-esteem, diversity/inclusion, bullying awareness.
- Regularly scheduled check-ins with school counsellor.
- Strategic short term, strength-based counselling using CBT and positive psychology methodologies.
- Support with goals related to coded IPP students.

These supports typically require a referral from the student or a staff member and are intended to be short-term interventions aimed to move the student back into tier one supports.

Specialized Support

These supports are intended for students with specific mental health needs requiring a more intensive and individualized approach. Due to the complexity of such mental health needs, diagnosis and subsequent therapy is to occur by a clinical service provider. Often, a school staff member will make the initial referral and continue to support students as they transition to and through clinical and community services. Consistent communication and information sharing between caregivers is essential for student success. It is the role of counsellors and administrators to be aware of and adhere to school policy for information sharing.